

VINAYAKA MISSION'S ANNAPOORANA COLLEGE OF NURSING

A constituent college of
Vinayaka Mission's Research Foundation
(Deemed to be University)

THE RIGHT MENTOR.....



DEEDS OF CHN.....



NEWS LETTER COMMUNITY HEALTH NURSING-2016



PREVENTIVE CARE



HOME VISITING



OCCUPATIONAL HEALTH



FAMILY HEALTH SERVICES



ENVIRONMENTAL HYGIENE



SCHOOL HEALTH



MCH SERVICES



REHABILITATION



MENTAL HEALTH

The department caters to the needs of the students who specializing in Community Health Nursing offer diverse learning experience. It includes preventive, therapeutic, and rehabilitative actions and helps to promote physical and emotional well being, as well as provide guidance.

“Preventive education and care to families and society”



**Prof. Dr. Mrs. V. Selvanayagi Ph.D. (N),
Principal**

One who knows the way, goes the way, and shows the way.

EMINENT STARS OF CHN

Prof. Dr. Mrs. S. Malathi - Head of the Department

Mrs. U. Palaniyammal - Assistant Professor

Mr. A. Prabhakaran - Tutor

Mrs. A. Sakthi - Tutor

Mrs. C. Sennammal - Tutor

Ms. Saranya - Tutor

Editor's Desk

Dear Readers ...

It is an immense pleasure to launch this first edition of **Deeds of CHN**; in this issue we recount the various activities of our department.

I would like to take this opportunity to express my gratitude to our principal who has supported and guided for doing this newsletter.

Also I thank my department staff who involved finishing the newsletter

Last but not the least readers remember, you never get the chicks by breaking the egg; they hatch, where there is life there is hope.

Thank you,

Sincerely,

Dr.S.Malathi,

Research publications

Dr.S. Malathi, HOD & Professor; Assess the knowledge on Hazards of Plastic Use among Adolescents in Vinayaka Mission's Arts and Science College, Salem ,Imperial Journal of interdisciplinary Research (IJIR) Volume 2 issue 7 2016 ,page no: 1117-1118.

Mrs. U. Palaniyammal, Lecturer: A Study to Assess the Knowledge Regarding "Effects of Consanguineous Marriage on offspring" among Adolescent Girls in Selected Schools at Salem, Imperial Journal of interdisciplinary Research (IJIR), Volume 2, issue , 2016, page no: 847-849.

Mrs. U. Palaniyammal. Lecturer: Asses the Knowledge on ill effects of Anaemia on Pregnancy and its outcome among final year B.A Students in selected rural college at, Salem ,International Journal of Information Research and Review IJIRR, Volume 3, issue 6, June 2016, page no: xxx-xxx.

Mr.A. Prabhakaran, Tutor: Assess the Effectiveness of Cabbage Leaves Application for Reduction of joint pain among Elderly people in Attayampatti Village, Salem, Imperial Journal of interdisciplinary Research (IJIR), Volume 2, issue 7, 2016, page no: 1178-1180.

ENRICHING THE STUDENTS KNOWLEDGE



Continuing Nursing Education -
“Voluntary Health Agencies” On 23-09-2016.
The topic was presented by Dr. Margaret Menzil, M.B.B.S MD, Professor, Department of Community Medicine, Vinayaka Mission’s Kirupanadha Variyar Medical College and Hospital, Salem, and Mrs.U.Palaniyammal, Asst. Professor, Department of Community Health Nursing VMACON, Salem. Around 120 members Participated in this Programme.

Continuing Nursing Education regarding
“Ricketisial and Zoonotic diseases in Community” On 10-03-2015. The topic was presented by Dr. Mohammed Ibrahim MD, Assistant Professor, Department of Community Medicine, Annapoorana Medical College and Hospital, Salem, and Dr.S.Malathi, Professor HOD Department of Community Health Nursing VMACON, Salem. Around 120 members Participated in this Programme.



Guest lecture regarding **“Referral System”** on 11.5.2016. The topic was presented by Dr.Priyadharshini MD , Professor, Department of Community Medicine ,Vinayaka Missions Kirupananda Variyar Medical College and hospital, Salem. Around 115 members participated in the guest lecture programme.



Guest lecture regarding **“WATER PURIFICATION”** on 28.11.2016 . The topic was presented by Mr. Rajesh B.E., HOD & Professor, Department of Mechanical Engineering, SRG Polytechnic College, Salem. Around 100 members participated in the guest lecture programme.

UPDATING THE KNOWLEDGE



On 29.04.2016 Mrs.U.Palaniyammal M.Sc (N), Assistant Professor, Department of Community Health Nursing, presented a journal article on “**Effects of Rohypnol use**” from 3.00 to 4.00^{pm} in college auditorium. I year M.Sc (N), III year GNM students and faculty members participated in this journal club meeting.

On 29.04.2016 Mr.



On 14.12.2016 Mrs.C.Sennammal P.b.B.Sc (N), Clinical instructor, Department of Community Health Nursing, presented a journal article on “**TAI CHI EXERCISE**” from 3.00 to 4.00^{pm} in college auditorium. IV year B.Sc (N) students and faculty members participated in this journal club meeting.

RENDERING THE SERVICES IN COMMUNITY

OUT REACH PROGRAMMES



"Recycling week" - 10/10/2016.

Exhibition was conducted by our nursing students based on the theme "**Wealth from Waste**" and it was inaugurated by Dr.P.Manoharan, M.S., Dean, VMKVMCH, Salem. Approximately 50 students were participated.

"World Environmental Day" -
05/06/2016 - Makkalur village, Salem. Health awareness rally was conducted by our nursing students based on the theme "**fight against the illegal trade in wild life**"



OUT REACH PROGRAMMES



"World Breast Feeding Week" -
02/08/2016 - Primary Health Centre
Magudanchavadi, Salem. Health talk was given
by our nursing faculty and students based on the
theme **"A Key to Sustainable Development"**
and it was inaugurated by Dr.P.Muthusamy
M.B.B.S Block Medical Officer, Primary Health
Centre Magudanchavadi, Salem.

**AIDS Awareness Rally on "World
AIDS DAY"** on 01/12/2016. It was inaugurated
by Mr.K.Prabhakaran B.Sc Village
Administrative Officer, Veerapandi, Salem
.The health awareness rally was arranged by
the faculty and students of community health
nursing department based on the theme
"Access Equity Rights Now".
Approximately 50 students were participated.



ART OF IMPARTING KNOWLEDGE AND SKILL

FACULTY SKILL DEVELOPMENT PROGRAMME



Department of Community Health Nursing, organized a Faculty Skill Development Programme on “**Newer Treatment Regimen Dots Plus**”, on 28.04.2016. Mr.Rajesh Kannan, M.Sc., P.M.T.T Coordinator, Salem district, has delivered a lecture on Multi-drug-resistant tuberculosis (**MDR-TB**) and Extensively drug-resistant **TB (XDR TB)** All the faculty members attended the programme.

FOCUS ON PRIMARY PREVENTION IN PRIMARY SCHOOLS



Department of Community Health Nursing conducted **"School Health Programme"** on 18/03/2016 at Government Middle School, Veerapandi, Salem. The programme was conducted by our nursing students based on the objectives "The promotion of positive health; the prevention of diseases; Early diagnosis, treatment and follow up of defects; Awakening health consciousness in children" and done health assessment treat minor ailments and provide medication as per



HANDS ON TRAINING -FIELD VISITS



Our B.Sc Nursing II year students (94) and DGNM I year 20 members went to Mettur dam to visit the water purification plant and sewage plant along with our faculty members on 03.03.2016 & 04.03.2016 at 11.30am. During the visit the Mettur corporation commissioner given orientation about water purification plant and sewage plant followed that maintenance engineer Mr.Shanmugam given brief explanation and live demonstration about the process and steps of large scale water purification plant and live demonstration about the process of sewage plant at the end of the visit our students cleared their doubts and got more knowledge about sewage and water purification



MIND BLOWING EXERCISE

WORD PUZZLE GAME

**Find these
word**

Rabies

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|---|---|---|---|---|---|---|---|---|---|---|---|---|---|--------------|
| D | I | S | E | A | S | E | D | O | G | S | C | T | N | RABIES |
| D | E | A | T | H | T | A | E | D | O | O | R | R | A | DEATH |
| Y | A | X | A | C | I | R | F | A | M | U | D | E | E | TRANSMISSION |
| V | L | N | P | B | A | M | D | A | I | E | R | A | U | CURABLE |
| I | T | D | G | O | S | E | R | E | V | E | F | T | G | DANGEROUS |
| R | A | A | A | E | S | S | E | I | B | A | R | M | I | SYMPTOMS |
| U | M | I | T | E | R | U | E | A | A | A | E | E | T | TREATMENT |
| S | A | U | A | S | D | O | R | N | O | S | A | N | A | EXPOSURE |
| M | P | S | T | E | G | A | U | E | V | A | T | T | F | FEVER |
| T | R | A | N | S | M | I | S | S | I | O | N | A | A | FATIGUE |
| I | C | R | I | R | S | Y | M | P | T | O | M | S | B | VIRUS |
| T | R | E | L | B | A | R | U | C | D | T | N | I | T | COMA |
| M | U | O | V | A | C | C | I | N | E | R | E | A | O | VACCINE |
| T | C | E | T | E | I | C | B | N | V | S | D | A | O | DISEASE |
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| | | | | | | | | | | | | | | CATS |

HEALTH TIPS



The very mention of the term “dengue fever” will invariably send shivers down the spine of people. Nothing surprising in that! It is a very serious viral ailment that is spread by a specific type of mosquito. In quite a few instances, the condition could even turn out to be fatal.

Why is the Papaya Leaf a Remedy for Dengue?

Papaya leaves come packed with powerful enzymes such as papain and chymopapain, which significantly increase the platelet count. Apart from that, these leaves have several key vitamins, carbohydrates, protein, phosphorous, calcium and iron.

Preparation of papaya juice

- Take several medium sized papaya leaves which are washed and partly dried. Cut them and place them in a sauce pan with around 2 liters of water.
- Boil the water and leaves, and simmer without a lid until the water is reduced to half.
- Now strain the liquid and store it in glass containers. It can be refrigerated and stored for 3 to 4 days. But fresh juice is always preferable.
- The juice should be discarded if it becomes cloudy.
- Alternatively, the juice can be squeezed by crushing the papaya leaves after removing the stems and other fibrous parts

Dosage

30 ml TDS 3 days (19 and above age)

15 ml TDS 3 days (13 to 18 years)

05 ml TDS 3 days (05 to 12 years)